

(Monroe Institute Blog - November 2, 2023)

MANIFESTING FROM MY HEART IN STARLINES

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I feel that, at least in my own meditation journey, the idea of our chakras gets brought up every so often, but they are never really a focus. I know this depends on a lot of factors including who your instructors are and the themes that you experience on the daily, but for me, I can say that this topic doesn't come up often. When I took Starlines, one of our trainers had mentioned early on that this program, in specific, tends to really ignite a lot of chakra work. We were told it would likely become a common theme. I really wasn't sure how that would come into play seeing as how it's not something I think about or work with regularly, but I'd be lying if I didn't admit that she was more than right.

As we began our initial exercises, we were visualizing meditating in our solar system (with actual space sounds accompanying us, which was very exciting for the astronomy nerd in me) in these very expanded states. As I began visualizing each planet in the solar system throughout my meditation, I started seeing and experiencing collecting pieces or shards of a crystal from each of them, reclaiming these pieces as if they were parts of myself. I felt empowered by fortifying myself with aspects I found along this full journey until we got to maybe the second or third exercise doing this. Now, bear with me, as I see things very visually and metaphorically in my meditations, so it may sound strange, but it was such a liberating journey.

In this exercise, in the visual meditative play of my mind, I saw this primitive and also technologically advanced world utilizing crystals as computers. As I explored, a computer rose up on a pedestal, and as I touched it, I imbued it with my desires. A crystal formed and came out of it, one I could hold. "Here are my dreams, tangible to me," I thought. "My desires have formed into a crystal." I picked it up, held it near my heart, and it became one with my heart chakra—a reminder of what was important to me as I shifted to more distant perspectives.

Shifting to much more expanded states and overlooking the full solar system, I could visualize dropping my crystal into the sea of intentions that exists there and see the ripples it left as a small imprint my life will leave in our universe.

What I found so interesting was after this exercise, that crystal became a common theme. It was always with me, shining in my heart chakra throughout the rest of the program. And I found that as we shifted our perspectives to much larger subjects of the greater known universe, such as the Milky Way Galaxy as a whole or the Laniakea supercluster, I began to see my physical form less and perceived myself more as a collection of energy and stardust. And yet, the crystal was always prominently there at the center as my driving force. As someone so driven by my desires and driven by a call to make change in the world, this felt so particularly right for me.

As I wrote in one of my first meditations in Focus 42, “I see my life core and essence, rather light and a crystal center core, my chakras are like crystals and the light that connects them is there. The rest is energetic form and gasses and elements. Pure weightlessness exists here, and we are parts of the dance, the dance of the solar system and universe as I had seen it.”

And as I went through different exercises and meditated on the distant ends of our galaxy, our supercluster, and beyond the known universe as we know it, I found myself utilizing the energy of each place I visited to imbue my crystal and send my intentions back to earth with me—perhaps as a way to collect pieces of where I’ve been, perhaps as a way to ignite my spirit even more, or perhaps as a way to manifest this great energy back to earth with my newfound expanded goals and ambitions I collected while meditating on things much greater than that which exists with me here on earth.

I wrote in my journal, “When I found a new energy source out there—star, planet, nebula, galaxy—I used its very bright rays to shine through my heart crystal and manifest my projections and legacy that I want to leave behind here on earth. I realize I am also imbuing my heart crystal very subtly each time with the passions and energies of these other stars and nebulas around the universe.”

With this strange feeling of collecting pieces of myself and the universe, feeling passionately driven and manifesting with my newly built heart crystal representation of my heart chakra, I also felt a degree of peace that the universe knows my intentions, so I trusted it to just send me that which I was ready for now. I found faith that the greater universe knew what I needed and was ready to guide me where I needed to go, rather than trying to force a specific manifestation. This was an entirely foreign concept to me, but one that felt so refreshing and wonderful.

I would leave on my adventures with the following mantra whenever I would address this heart crystal: “This is my heart crystal. It has my intentions here on earth. I want to use this as a way to solidify my intentions and live the life I can best live to serve my planet and the universe.”

They say that in Starlines we are ambassadors for the earth. It wasn't a concept I immediately grasped, but through this, I knew. I asked why I am called to be an ambassador now. And I immediately knew, I am finally the me I was always meant to be. I am finally the version of myself who is ready to make a difference in a larger, less selfish way. I am finally happy with who I am completely, and therefore, I am happy with the universe. I am ready to be able to help in the most effective way with my own inner peace and happiness. And with that, I left Starlines more complete, happier, more inspired, and ready to make a difference in the world.